

## Florentine Hash Skillet



10 MINUTES  
Serves 4



- 4 teaspoons extra-virgin olive oil
- 2 cups frozen hash browns or precooked shredded potatoes (see ingredient notes)
- 2 cups frozen chopped spinach
- 4 large eggs
- Pinch of salt to taste
- Pinch of freshly ground pepper
- 1/2 cup shredded sharp Cheddar cheese

Heat oil in a nonstick skillet over medium heat. Layer hash browns and spinach into the pan. Crack egg on top and sprinkle with salt, pepper, and cheese. Cover, reduce heat to medium-low. Cook until the hash browns are starting to brown on the bottom, the egg is set and the cheese is melted (5-7 minutes).

### Ingredient notes:

- Shredded cooked potatoes can be found in the refrigerated produce section or dairy section of most supermarkets.
- You can lessen the fat, cholesterol and sodium content in this recipe by removing the cheese.

**Note:** Serve this with a fruit and more veggies. Fill half your plate with fruits and veggies.

Nutrients Per Serving: Calories 226, Protein 14g, Carbohydrate 11g, Cholesterol 200mg, Total Fat 15, Sodium 370mg, Fiber 3g  
Source: [www.eatingwell.com](http://www.eatingwell.com)

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# Screen Time vs. Lean Time



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Source: <https://www.cdc.gov/nccdphp/dch/multimedia/infographics/getmoving.htm>

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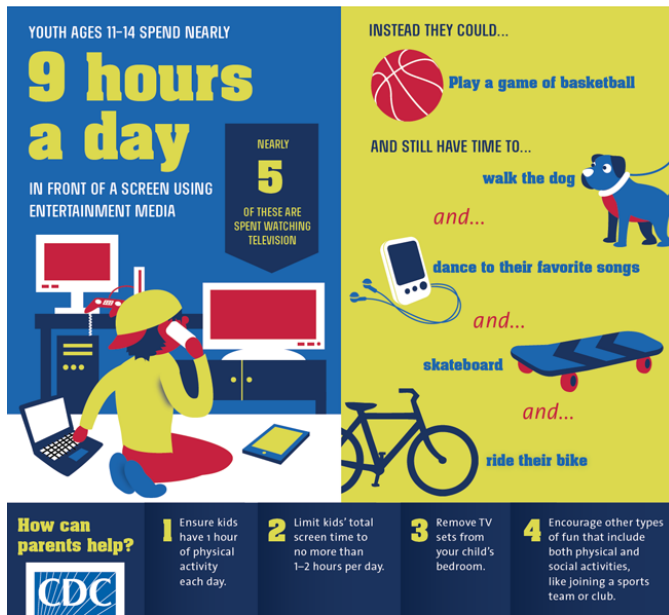
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